



## Community and Online Resources for Everyone

\*Click on each organization's name to go directly to their website

<a href="#">American Cancer Society</a>	Offers resources and guides to quit smoking. Location: <b>Online</b>
<a href="#">American Lung Association in California - Freedom From Smoking</a>	A 7-week program offered virtually and over the phone. Location: <b>Online/telephone</b> Call: (619) 297-3901 or (800) 586-4872
<a href="#">Asian Smokers' Quitline</a>	Free smoking cessation program, funded by the Centers for Disease Control and Prevention (CDC) to help smokers who speak Chinese, Korean, and Vietnamese quit smoking. Location: <b>Online/telephone</b> Call: (800) 838-8917 (Chinese) Call: (800) 556-5564 (Korean) Call: (800) 778-8440 (Vietnamese)
<a href="#">Kick It California</a>	Telephone, text, app, and chat-based tobacco cessation program. Services are free, evidence-based, and are offered in many languages including English, Spanish, Mandarin, Cantonese, Korean, and Vietnamese. Location: <b>Online/telephone</b> Call: (800) 300-8086 (English) Call: (800) 600-8191 (Spanish)
<a href="#">Rady Children Hospital San Diego - Center for Healthier Communities</a>	Offers Partnership for Smoke-Free Families (PSF) educational materials to participating obstetric and pediatric offices in addition to the general public to access and download. This material was developed to help systematically screen patients for tobacco use and provide smoking cessation services and support for smokers and their families. Location: <b>Online</b>
<a href="#">Sharp Rees-Stealy - Second Breath Tobacco Cessation</a>	The tobacco cessation webinar program is composed of six 60-minute sessions, free for everyone. Location: <b>Online</b> Call: (800) 827-4277
<a href="#">Southern California Intergroup of Nicotine Anonymous</a>	Tuesday Night Group. Twelve-step self-help program for those who choose to be nicotine-free (check online for specific locations). Location: <b>Online/in-person</b> Call: (619) 682-7092





## Clinic and Hospital Patient Resources

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<a href="#">Family Health Centers of San Diego</a>	Offers free smoking cessation classes via telephone, five sessions, 50 minutes each. Get tips on behaviors and activities that can help in breaking the smoking habit. Location: <b>Telephone</b> Tuesdays or Wednesday Call: (619) 515-2400 or (619) 515-2526
<a href="#">Indian Health Council - Behavioral Health Department</a>	Offers phone counseling and support for smoking cessation. Location: <b>In-person</b> Call: (760) 749-1410 ext. 5247 Email: lbrucks@indianhealth.com Address: Indian Health Council, 50100 Golsh Rd., Valley Center, CA 92082
<a href="#">Kaiser Permanente - Freedom from Tobacco</a>	Offers virtual workshops that allow patients to learn about medications and resources available to quit smoking. In addition, six telephone wellness coaching sessions are offered to set goals for healthy, lasting change. Eligibility: Kaiser Permanente members Location: <b>Online</b> Call: (619) 641-4194
<a href="#">La Maestra Community Health Centers - Wellness Clinic</a>	Offers outpatient behavioral health, substance use disorder, and co-occurring support services to promote brain health, healing, and well-being. Location: <b>In-person</b> Address: 4175 Fairmount Ave., San Diego, CA 92105 <u>Substance use support for adults</u> Call: (619) 285-7097 <u>Substance use support for adolescents and young adults (ages 12-24)</u> Call for more information and location: (619) 510-4644
<a href="#">Neighborhood Healthcare - Behavioral Health</a>	Offers personalized treatment plans around a person's disorder, including medication, therapy, counseling, alternative medicines, or any combination of these. Location: <b>In-person</b> Call: (833) 867-4642 Address: 425 N. Date St., Escondido, CA 92025
<a href="#">Southern Indian Health Council</a>	Individual counseling for American Indian and Alaska Native patients. Location: <b>In-person</b> Call: (619) 445-1188 Address: 4058 Willows Rd., Alpine, CA 91901





## College and University Resources

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<a href="#">California State University San Marcos (CSUSM)</a>	Smoke-Free CSUSM offers students and staff a variety of quit-smoking resources including the Student Health and Counseling Services and Employee Assistance Programs. Location: <b>In-person</b> Call: (760) 750-4935 (students), (760) 750-4418 (staff and faculty) Email: srs@csusm.edu
<a href="#">Mira Costa College</a>	Mira Costa College offers students confidential individual counseling, smoking-cessation information, and referrals. Additionally, students, faculty, and staff who are interested in smoking cessation are encouraged to explore the free services offered by the California Smokers Helpline, now known as Kick It California at KickItCA.org or by calling (800) 300-8086. Location: <b>In-person</b>
<a href="#">Point Loma Nazarene University</a>	Offers students education on drug, alcohol use/ abuse, and cessation. Location: <b>In-person</b> Call: (619) 849-7890 Address: 4101 University Ave., San Diego, CA 92105
<a href="#">San Diego City College - Student Health Center</a>	Offers smoking cessation program referrals. Call: (619) 388-3450 In addition, student can contact the Mental Health Counseling services for substance abuse counseling by emailing citymhcc@sdccd.edu or calling (619)-388-3055.
<a href="#">San Diego State University</a>	Offers students tobacco cessation individual counseling sessions and pharmacological treatment options. Location: <b>In-person</b> Call: (619) 594-5220 Address: 5500 Campanile Dr., San Diego, CA 92182
<a href="#">UC San Diego - Health Promotion Services</a>	Health Promotion Services offers FREE smoking and/or vaping cessation coaching sessions to all UC San Diego students. Email: cglissmann@health.ucsd.edu
<a href="#">University of San Diego</a>	Offers self-assessments, individualized reports, individual counseling, support groups, prescription medications, and nicotine replacement therapies to students wanting to quit smoking/vaping. Location: <b>In-person</b> Call: (619) 260-4618 Address: University Center Room 161, 3636 5th Ave., San Diego, CA 92103





## Military and Active-Duty Resources

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<a href="#">Naval Hospital Camp Pendleton - Quit Smart Program</a>	Focuses on cognitive and behavioral coping methods. Eligible: Active-Duty Personnel, Family Members, Retirees and/or NHCP Staff Location: <b>Online/in-person</b> Call: (760) 719-4137 Address: Camp Pendleton Main Hospital H200 4th Floor South Side, Oceanside, CA 92055
<a href="#">VA San Diego Healthcare System</a>	Offers specialized resources for those also fighting mental health, substance use, HIV, and to women veterans. Group Counseling (in-person or over the phone). Location: <b>Online/telephone</b> Call: (858) 642-3903 Address: 3350 La Jolla Village Dr., San Diego, CA 92161

## Youth Resources

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<a href="#">Truth Initiative - Ditch Vape</a>	FREE and anonymous 24/7 texting service for anyone who chooses to quit vaping. Text for tips and encouragement from people who've been where you are. Text: DITCH VAPE to 88709 to quit
<a href="#">Kick It California</a>	Offers youth (ages 13+) who smoke or vape, access to free telephone, chat, and text cessation services, including self-help materials. Location: <b>Online/telephone</b> Call: (800) 300-8086 For more self-help materials <a href="#">click here</a>
<a href="#">Youth Vaping Alternative Program Education (YVAPE)</a>	Provides phone coaching support for students who have been vaping in school as an alternate to disciplinary action. YVAPE is designed to provide a positive experience for the student and help them think through their vaping behavior. Location: <b>Online/telephone</b> Call: (888) 525-0122 Email: <a href="mailto:yvape-support@health.ucsd.edu">yvape-support@health.ucsd.edu</a>

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